

**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION & PARKS**

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**CITY OF LOS ANGELES
DEPARTMENT OF RECREATION AND PARKS
CITYWIDE AQUATICS DIVISION**

**FERNANGELES
SWIMMING POOL**

8851 Laurel Canyon Blvd.
Sun Valley, CA 91352
(818) 771 – 0986

SUMMER 2011



**A Commitment to
“Healthy Neighborhoods”**

POOL HOURS

Times subject to change without notice

OPENING DAY – June 25

Saturday 1:00 p.m. - 5:00 p.m.

June 26 – July 3

Monday – Friday 2:00 p.m. - 6:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

July 4 - August 21

Monday – Friday 11:00 a.m. - 1:00 p.m.
..... 2:00 p.m. - 6:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

August 22 – August 28

Monday – Friday 2:00 p.m. - 6:00 p.m.
Saturday & Sunday 1:00 p.m. - 5:00 p.m.

Diving board hours may vary due to team practices

Registration will begin Sunday, June 26, at 10 a.m.

www.LAPARKS.org

Persons with disabilities are welcome to participate in our programs and classes. Reasonable accommodations will be made with prior arrangements.

TEAM SPORTS

Designed for entry-level competitors. Proof of age required. Age verification must be completed before the first meet, or the participant will not be allowed to compete. Participants compete in a Department -sponsored league. Participants must demonstrate an intermediate-level swimming competency. Teams include Inner- tube Water Polo, Swimming, Synchronized Swimming, and Diving. All meet times and locations will be announced.

Registration: \$40.00 for one team, \$35.00 for additional team
Exception: Inner-tube water polo: \$20.00, free if registered in another sport
(Fees includes t-shirt and awards)

A team sport awards banquet is scheduled for Friday, August 26th. Athletes who compete in two or more meets and/or sports will receive a combined participation award.

NOVICE SWIM TEAM

Length of Season..... July 4 – Aug. 27
Workouts..... Mon. – Fri., 5:00 p.m. – 6:00 p.m.*
Age 7- 17

*Swim team members must attend a minimum of 2 workouts per week to compete in swim meets

INNER-TUBE WATER POLO

Length of Season..... July 4 – Aug. 4
Workouts..... Mon. – Fri., 4:00 p.m. – 5:00 p.m.
Age 10 – 17

NOVICE SYNCHRONIZED SWIMMING

Length of Season..... July 4 – Aug. 21
Workouts..... Mon. – Fri., 1:00 p.m. – 2:00 p.m.
Age 7 – 17

NOVICE SPRINGBOARD DIVING

Length of Season..... July 4 – Aug. 20
Workouts..... Mon. – Fri., 2:00 p.m. – 3:00 p.m.
Age 7 – 17

If you have a concern or a complaint about the facility or programs, please feel free to speak to the manager or contact the Citywide Aquatics Office at:

3401 Riverside Drive
L.A., CA 90027
(323) 906-7953
citywide.aquatics@lacity.org

ADMISSION FEES

CHILDREN*	(17 & Under)	FREE
ADULTS	(18 - 64)	\$2.50
ADULTS w/ LA City Library card		\$2.00
SENIORS	(65 & Up)	FREE
Persons with Disabilities		FREE

***NOTE:** Each child under 7 must be accompanied by an adult (18+ years old) on a one-to-one ratio. The adult must be within one arm's length of the child at all times, whether on the pool deck or in the water. Children under the age of 4 must wear a swim diaper.

PUBLIC SWIMMING – Swim suits and swim trunks with liner with the exception of board shorts providing coverage, must be worn by persons in the pool area.



SPONSORSHIPS

The LA84 Foundation (a legacy of the 1984 Olympic Games) has provided a limited number of team sports sponsorships for community youth between 7 and 17 years of age. Sponsorships are issued on a first-come-first-served basis for **NOVICE DIVING, SWIMMING, TRADITIONAL WATER POLO AND SYNCHRONIZED SWIMMING TEAM SPORTS ONLY.** Please check with the Pool Manager to determine if your pool is a participating facility.

AQUACISE

\$2.50 per class

Tues., Thurs. 5:00 p.m. - 5:45 p.m.

Offers low to high intensity workouts that promote cardiovascular fitness, conditioning, increased flexibility and range of motion.

JUNIOR LIFEGUARD PROGRAM

Cost \$40.00
 Age 10 – 17
 Length of Season July 4 – Aug. 19
 Meeting Time Mon. – Fri., 2:00 p.m. – 3:00 p.m.

Program participants learn basic lifeguard skills and participate in Junior Lifeguard competitions with other Los Angeles City pools. Fee includes one Junior Lifeguard T-shirt, bus transportation to selected events, materials, and instruction. **Program limited to 20 participants. Last day to register: Monday, July 4, 2011. No exceptions.** See Junior Lifeguard brochure for more details.



The City of Los Angeles Department of Recreation and Parks is proud to announce a joint-partnership with Kaiser Permanente.

Operation SPLASH

Kaiser Permanente Sponsorships for Learn to Swim available on a first come, first serve basis. Inquire w/ Pool Manager

A Commitment to “Healthy Neighborhoods”

LEARN-TO-SWIM LESSON REGISTRATION

- Pre-registration for the session begins one week prior to the session start date.
- No telephone registration.
- Fees must be paid at the time of registration. NO EXCEPTIONS.
- Make checks payable to: **L.A. City Department of Recreation and Parks**
- No refunds unless a class is canceled.
- Lessons are 25 minutes in length.
- Swim instruction will be given from the pool deck.

GROUP LESSONS CATEGORIES & REQUIREMENT

Parent/Child: 4 yrs. – 6 yrs. Children: 7 yrs. – 17 yrs. Adult: 18 & older

Parent/Child – Children must be accompanied by an adult. Parent and child are introduced to basic water safety in a comfortable environment.
Water Confidence (Level 1) – Introduction to water safety and water acclimation. Buoyancy in water and basic skills will be taught. Kicking, breathing, and alternate arm action techniques are introduced as well as entering and exiting pool on own.
Beginner (Level 2) – Learn safety skills including floats and treading water, and progressive skills leading to front crawl including combined arm and leg action.
Advanced Beginner (Level 3) – Learn dolphin and scissor kicks, rotary breathing, progressive skills leading to diving, front crawl and elementary backstroke.
Intermediate (Level 4) – Refine crawl and elementary backstroke. Introduction to back crawl, breaststroke, sidestroke and butterfly. Turns and surface dives introduced.
Swimmer (Level 5) – Refine strokes and improve conditioning. Learn additional aquatic skills such as surface dives, flip turns, and improve diving into the pool.
****American Red Cross Card showing proof of correct level may be required for swim lessons after Level 2. An evaluation to determine the student’s correct level may be required.**

PRIVATE & SEMI-PRIVATE LESSONS

(Inquire with Pool Clerk or Manager for Scheduling)

Private & Semi-Private lessons provide personalized instruction to adults and youth ages 4 and older. Lessons are 25 minutes in length. Lesson schedule is based on staff availability. Registration rules apply and participants must register for a minimum of four lessons. Lesson times will be at the manager’s discretion.

PRIVATE LESSONS : Adult, Child, Senior, Adaptive

1 private lesson = \$20.00, 4 private lessons = \$80.00

SEMI-PRIVATE LESSONS (2 students only)

Adult, Child, Senior, Adaptive

\$16.50 per lesson per student x 2 students = \$33.00, 4 lessons = \$132.00

LEARN TO SWIM

GROUP LESSONS

MONDAY THROUGH FRIDAY

10 Lessons/2 weeks	YOUTH \$20.00
Session # 1	July 4 - July 15
Session # 2	July 18 - July 29
Session # 3	Aug. 1 - Aug. 12
Session # 4 (late afternoon only).....	Aug. 15 - Aug. 26

MONDAY, WEDNESDAY, FRIDAY

12 Lessons/4 weeks	YOUTH \$20.00
Session # 1	July 4 - July 29
Session # 2	Aug. 1 - Aug. 26

TUESDAY & THURSDAY

8 Lessons/4 weeks	YOUTH \$20.00
Session # 1	July 5 - July 28
Session # 2	Aug. 2 - Aug. 25

SATURDAY

8 Lessons/8 weeks	ADULT \$40.00
Session # 1	July 9 - Aug. 27

The classes and programs in this brochure may be subject to cancellation.

	<p>ABC's of a Safe Summer July 10, 2011 2pm-3pm</p>
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YOUTH LESSONS

Intermediate	Mon. – Fri.	11:00 a.m. - 11:30 a.m.
Water Confidence.....	Mon. – Fri.	11:00 a.m. - 11:30 a.m.
Adv. Beginner.....	Mon. – Fri.	11:30 a.m. - 12:00 p.m.
Beginner.....	Mon. – Fri.	11:30 a.m. - 12:00 p.m.
Parent/Child	Mon. - Fri.	12:00 p.m. - 12:30 p.m.
Beginner.....	Mon., - Fri.	12:00 p.m. - 12:30 p.m.
Parent/Child	Mon. – Fri.	12:30 p.m. - 1:00 p.m.
Water Confidence.....	Mon. – Fri.	12:30 p.m. - 1:00 p.m.
Intermediate	Mon., Wed., Fri.	3:00 p.m. - 3:30 p.m.
Water Confidence.....	Tues., Thurs.	3:00 p.m. - 3:30 p.m.
Adv. Beginner.....	Mon., Wed., Fri.	3:30 p.m. - 4:00 p.m.
Parent/Child	Tues., Thurs.	3:30 p.m. - 4:00 p.m.
Beginner.....	Mon. – Fri.	4:30 p.m. - 5:00 p.m.
Adv. Beginner.....	Mon. – Fri.	5:00 p.m. - 5:30 p.m.
Intermediate	Mon. – Fri.	5:30 p.m. - 6:00 p.m.

ADULT LESSONS

Adult Level 1-3	Sat.	3:00 p.m. - 3:30 p.m.
Adult Level 4-5	Sat.	3:30 p.m. - 4:00 p.m.